

LI - I can cook rice and use judgemental skills for and boiling and simmering.

Vegetable Pilaff

Ingredients

Method

- 75g rice
- 1 mushroom
- $\frac{1}{4}$ red pepper
- $\frac{1}{4}$ green pepper
- 25g peas
- 25g sweetcorn
- 50ml vegetable stock
- 15ml spoon vegetable oil

Equipment

- plate
- small bowl
- sauce pan
- wooden spoon
- frying pan
- brown chopping board
- Chef's knife
- sieve
- large measuring jug
- wooden spatula
- pot stand

Method

1. Half fill a small pan with water and bring to the boil.
2. Wipe mushrooms and slice.
3. Dice peppers.
4. When the water is boiling add rice and cook for 10 - 12 minutes.
5. Gently heat oil in frying pan and fry the mushrooms and peppers. DO NOT BROWN.
6. When rice is cooked drain through a sieve and stir into frying pan.
7. Add peas, sweetcorn and vegetable stock. Heat thoroughly.
8. Place in serving dish and tidy up.

Food Preparation Skills	Cookery Processes

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